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THE STASH PROJECT: DAY 2

IN WHICH WE LEARN THAT
A CAT CAN HAZ WEB FAME —
BUT IT TAKES A LOT OF WORK

PAGE 10



Puppet master has a hand in gallery exhibit

Artist hopes to later bring
creations to YouTube PAGE 5

Thanks a million, HRM — literally

Woman wins lottery on a
work trip to Halifax PAGE 4

Honeymoon not over for Liberals — yet

Public survey. Pollster
and professor say rosy
numbers reflect lack of
major policy moves



RUTH
DAVENPORT
ruth.davenport@metronews.ca

A new public-opinion poll
holds some good news for the
new Liberal government, but
the pollster behind the survey
says the Grits can't be compla-
cent about it.

The latest quarterly poll
from Corporate Research As-
sociate shows 58 per cent of
respondents are completely
or mostly satisfied with the
government's performance,
compared to 50 per cent in
November.

Twenty per cent are mostly
or completely dissatisfied, up
from 12 per cent, and just eight
per cent say it's too soon to tell
— a 17 per cent decrease.

CRA chair and CEO Don
Mills said the Liberals are
benefiting from the public
optimism that usually follows
a new government's election
— but warned it won't last.

"Governments usually get a
couple of quarters ... and from
now on there'll be starting to be
more expectations," he said.

Half of respondents named
Stephen McNeil as their choice
of premier, up from 46 per
cent in November. Fifteen per
cent chose PC leader Jamie
Baillie, down from 17 per cent,
and 12 per cent named acting
NDP leader Maureen MacDon-
ald.

Mount Saint Vincent Uni-
versity associate professor Jeff

Accuracy

The CRA Atlantic Quarterly
poll surveyed 801 adults
in Nova Scotia between
Feb. 10 and 28. The results
are considered accurate
to within 3.5 percentage
points, 95 out of 100 times.

McLeod agreed the numbers
aren't surprising given the gov-
ernment hasn't made any "ag-
gressive" policy moves so far.

"One could argue that
they've yet to be tested in
terms of facing a major crisis
or having to deal with the fi-
nances in a significant way,"
he said.

"It's still wait-and-see: no
major problems yet, no ma-
jor mistakes, no self-inflicted
wounds."



STANDING FOR LORETTA

People hold photos of Loretta Saunders during a vigil in front of Parliament Hill in Ottawa on Wednesday. Saunders, a 26-year-old Inuit woman, was murdered in Halifax last month, and people are calling for an inquiry into missing and murdered aboriginal women. Story, page 3. SEAN KILPATRICK/THE CANADIAN PRESS

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'It's not just about one woman'

Loretta Saunders.

Speakers at an Ottawa vigil continue the call for a public inquiry into murdered and missing aboriginal women



SEAN
MCKIBBIN
Metro in Ottawa

Canadians care about missing and murdered aboriginal women such as Loretta Saunders, but does the government?

It was a question asked repeatedly by speakers at a vigil held for Saunders on Parliament Hill Wednesday.

Saunders, 26, was reported missing in Halifax on Feb. 13. Police found her body in New Brunswick on Feb. 26. She was a student at Saint Mary's University working on a thesis about the disproportionate number of disappearances and murders of aboriginal women compared to the rest of the Canadian population.

"We've come together today to say it's not just about one woman like our beloved Loretta, nor even 10 nor 50 nor 100, but 800 of our women are gone," said her cousin Holly Jarret, her voice quaking with emotion as she stood on the steps of the parliament buildings. "We won't stop, nor can we until we find out what happened."

Jarret and others hammered home that aboriginal victims of violence are just as loved and cherished as any Canadian and play central roles in their families.

The day before her cousin's body was discovered, Jarret told the crowd she re-connected with her own mother because Saunders' mother had been urging her to.

Quoted

"Our precious little girl who fought for justice for the very silent population of girls she's now a part of."

Holly Jarret, of her cousin Loretta Saunders

"She explained that we're a family and Loretta knew my mom and I didn't talk, and she would be very happy when she came home to know that such a good thing had come from her being missing. I've talked to my mom every day since."

Cheryl Maloney, president of the Nova Scotia Native Women's Association, said she's been buoyed by the outpouring of support for Saunders' family from the community in Halifax and from people across the country, but she questioned the government's commitment to tackling the problem since it has resisted calls for an inquiry.

Maloney said many people have approached her, asking who would complete Saunders' thesis and if they could help.

"Maybe it wasn't up to one person to finish Loretta's thesis," she said. "Maybe it was up to all of us as Canadians."



Sharon Armstrong of Ottawa holds a photo of Loretta Saunders.

SEAN KILPATRICK/THE CANADIAN PRESS



Participants write messages on a banner during a vigil for Loretta Saunders on Parliament Hill on Wednesday.

SEAN KILPATRICK/THE CANADIAN PRESS

1 NEWS



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Saskatchewan woman wins \$1 million on trip to Halifax

MaxMillions. Mother pleased her kids haven't started begging yet — although her husband ...



HALEY RYAN

haley.ryan@metronews.ca

A Saskatchewan woman's spur-of-the-moment decision to buy a lottery ticket in Scotia Square Mall last week has landed her \$1 million.

Tanya Jimmy of Onion Lake, Sask., was in Halifax for a work conference when she decided to follow her husband's advice and buy a few Atlantic Lottery tickets from a kiosk after she had her nails done in the mall.

"It was just a spur-of-the-moment sort of thing," Jimmy said Wednesday after receiving the big cheque in Moncton, N.B.

Jimmy bought two Max-Millions tickets and a Lotto 6-49 but didn't check to see if they were winners until

she looked up the numbers from Friday's draw on Sunday while she was in the bathtub.

"I was like, 'Oh my God, this is my ticket!'" Jimmy said.

"I had to yell for my husband to come and have a look."

It was hard to believe she'd actually won, so Jimmy said when she called the lottery the next day she told them, "I think I won MaxMillions."

"My husband was like 'You don't think, say you did.'"

The first thing Jimmy wants to do is pay off her loans and set up trust accounts for her three sons.

The boys were really excited to hear of the win but haven't asked for anything — "which is good so far," Jimmy said.

Her husband has a lot of "little wishes" of his own, she laughed.

Thanks to the extra money, Jimmy said her and her husband can now expand a planned trip to California this April by bringing their children.



Tanya Jimmy of Onion Lake, Sask., has many reasons to smile after winning \$1 million. COURTESY ATLANTIC LOTTERY CORPORATION

Police hunt two suspects in alleged abduction



Robert Chan, left, and Daniel Ryan CONTRIBUTED

Police are asking for the public's help in locating two men considered armed and dangerous after a 19-year-old was allegedly abducted last weekend.

Just before 5 a.m. Sunday, police say they received a call from a man inside a home in the 3000 block of McAlpine Avenue.

The victim told police he was being held against his will by several people and that one person had a handgun.

He eventually got outside,

and police took four people — two teenage boys, a 63-year-old man and a 45-year-old woman — into custody.

The victim remained in hospital on Sunday with non-life-threatening injuries.

Police searched the home and later charged the two 16-year-olds with kidnapping, extortion with violence, aggravated assault, uttering threats and unlawful confinement.

The other man and woman were not involved, police said.

On Wednesday, police said

they are looking for 21-year-old Robert Roach Chan and 20-year-old Daniel Angus Ryan.

Both men face various charges, including aggravated assault, assault with a weapon, kidnapping, unlawful confinement, uttering threats, extortion and robbery.

"With information we have at this time, combined with previous dealings with these two individuals, we do believe they are dangerous," said police spokesman Const.

Seen anything?

Police believe both men are somewhere in HRM. Anyone with information on their location is asked to call police at 490-5016 or Crime Stoppers.

Pierre Bourdages.

Bourdages said all men are known to each other but wouldn't comment on a motive for the alleged abduction.

HALEY RYAN/METRO

Incidents in 1960s

Ex-Scout leader pleads guilty to another assault

A 68-year-old former Scout leader in New Brunswick has pleaded guilty to a fourth count of indecent assault involving boys in the 1960s.

David Wolfe of Halifax was charged in the fall

of 2012 after two people complained to police about incidents in southeastern New Brunswick.

Two other victims came forward after the case received public attention, and more charges were laid.

Wolfe had earlier pleaded guilty to indecent assault involving three boys.

A sentencing hearing has been scheduled for March 21. **THE CANADIAN PRESS**

Mount Uniacke

Cops seek help in identifying truck of alleged thief

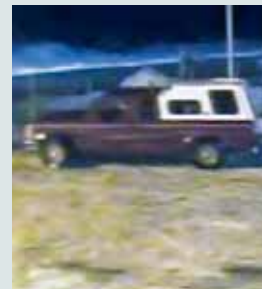
Police in Rawdon are asking for the public's help in identifying a pickup truck after tools and tires were stolen from a Mount Uniacke business.

RCMP say a man entered

the Brewster's Well Drilling property early on Jan. 26 by cutting the lock to a gate.

He was reportedly driving what looks like a burgundy Ford pickup, possibly a Ranger, with a white cab.

Various items were stolen, including four tires on aluminum rims taken off one of the company vehicles, RCMP said in a release. Compressors and commercial tools were also taken. **METRO**



The truck in question. CONTRIBUTED

Bear River

Thief sentenced

A Digby County man has been sentenced to a year's probation for a theft in Bear River. Mark Anthony Higdon robbed Myrtle and Rosie's Café at knifepoint on Tuesday afternoon and was soon arrested. An RCMP release states he pleaded guilty. **METRO**

Introducing Halifax's very own puppet master

Watch out Avenue Q.

Artist set to bring life to local gallery, and, eventually, to YouTube with shows starring her creations

DESERIE MURPHY

halifax@metronews.ca

Smiling kids pull their parents over to the glass of a downtown Halifax art gallery as they curiously look at puppets staring back at them.

It's exactly the reaction Pamela McInnis was hoping for.

"If somebody walking by stops and smiles, that's worth everything," said puppet maker Pamela McInnis. "I love that in this digital age, kids of all ages, adults alike, still find it nice to be involved with something engaging the imagination."

The puppets are ready to become part of an interactive exhibit called PLAY: An Art Show That Celebrates the Act of Play at the Argyle Fine Art Gallery on Barrington Street in Halifax.

The exhibit opens Friday at 7 p.m. with the puppets being sold for between \$40 and \$120.

"It's odd to have pup-

Behind the puppet scenes

- Pamela McInnis makes about five or more puppets at a time in her living room studio.
- Each puppet takes around 34 steps to make and a few days to finish.
- So far, McInnis has made more than 150 puppets — of people and animals — in the last two years.

pets in an art gallery sort of frame, but they're still art, in their own right," she admitted.

You can use your imagination to make them more real, to even make them your buddy, said McInnis.

The beauty of puppets is that they start off as inanimate objects, but as soon as they're played with, the creatures take on lives of their own, McInnis, a recent Nova Scotia College of Arts and Design graduate, explained.

"All the puppets, they're all a little surly; they're not necessarily made for children. I kind of make them for adults, but kids just love them," said McInnis. "Unless they're scared of them,



Artist Pamela McInnis poses with some of her creations at Argyle Fine Art on Wednesday. JEFF HARPER/METRO

which is maybe only about five per cent."

More than 150 people and animal puppets were made in the last two years by McInnis. She calls them puppet dudes, and Friday will be the first time they will be showcased in a gallery.

"I've been on this journey of trying to figure out what

it is that I'm supposed to be doing with my creativity," she said. "As soon as I made my first puppet I was like, 'All right, show's over, I got this. I know what I want to do now.'"

Multitasking by making five or more puppets at a time in her living room studio, McInnis said the puppet

dudes take about 34 steps and a few days to be able to finish.

"They're the kind of casual guys that would just crash on your couch."

The next step for McInnis will be creating puppet comedy videos for YouTube. She is aiming to make four-minute shows that would

piece together everything you would find on TV.

Her YouTube channel will be called Puppet Dude YouTube.

"I don't tend to name them a whole lot, but once we get into filming we'll get into some serious character development," she said, smiling.

Quoted

"They make people smile, and I think that's lovely."

Pamela McInnis, on how people react to her puppet creations.

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Eeeeeehhhhh!

Happy Days for Halifax — 'The Fonz' is coming

Henry Winkler, who played Fonzie on the popular Happy Days show in the 1970s and '80s, is coming to Halifax next month as

part of an education conference.

According to a release from the Emergent Learning Conference, Winkler will be a keynote speaker at the event April 24 and 25 at the World Trade and Convention Centre.

Although Winkler earned fame with his TV role, the actor's keynote

speech will deal with his struggles in the education system due to learning challenges.

"Today, Winkler travels as a writer, speaker, and philanthropist, educating people about learning disabilities and inspiring children, parents and teachers all over the world," said the release. **METRO**



Henry Winkler GETTY IMAGES

Posthumous

ECMAs to honour Rita McNeil

The East Coast Music Association has announced that Rita MacNeil and Jay Smith will be honoured posthumously during East Coast Music Week in April.

MacNeil, who died last

year of complications following surgery at the age of 68, will be recognized with the Directors' Special Achievement Award.

Smith, who died last year at the age of 34 while on tour with Matt Mays in Edmonton, will be honoured with the Musician's Achievement Award.

CAPE BRETON POST

Trailer Park Boys coming to Netflix

'Beloved hellraisers'

Fans can start watching new episodes this fall

Post-theatrical premiere

The movies will be added to Netflix after their theatrical premieres this year.

Hold on to your rum and cokes: Two new Trailer Park Boys seasons are coming to Netflix.

Fans of the Nova Scotia comedy will be able to watch all seven original seasons featuring Sunnyvale Trailer Park's infamous trio of Ricky, Julian and Bubbles starting March 31, according to a Netflix release on Wednesday.

The release said Season 8 launches only on Netflix this fall with 10 new episodes, and will be followed by Season 9 on Canadian, U.S. and other Netflix territories.

Netflix says this is the first time all seven seasons will be available in the United Kingdom, Ireland, Netherlands, the

Nordics and Latin America.

"There's no other trio quite like Julian, Ricky and Bubbles and we're thrilled to be the new home for these beloved hellraisers," said Sean Carey, vice president of content acquisition for Netflix in the release.

The release said there have been a few changes to the trailer park since audiences last checked in with the boys: In the new season Ricky is hiding a huge weed crop in the walls of his trailer, Julian has opened a combination bar and gym, and Bubbles is in the process of opening a 'Shed and Breakfast' business.

HALEY RYAN/METRO



Curtains up for Fashion47

Cast members from Fashion47, a production from Neptune Theatre's Young Actors Company, pose for a photo at the Scotiabank Studio Theatre on Wednesday. The play runs Thursday through Sunday. **JEFF HARPER/METRO**



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More relaxed pot laws may be in the pipeline

Criminal Code. As it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to 5 years

The Conservative government is seriously considering more lenient marijuana laws that would allow police to ticket anyone caught with small amounts of pot instead of laying charges, Justice Minister Peter MacKay said Wednesday.

"We're not talking about decriminalization or legalization," MacKay said following the weekly Conservative caucus meeting on Parliament Hill.

"The Criminal Code would still be available to police, but we would look at options that would ... allow police to ticket those types of offences."

Prime Minister Stephen Harper is open to such an approach, he added.

MacKay has hinted in



The federal Tories are considering more lenient pot laws, Peter MacKay said Wednesday. TORSTAR NEWS SERVICE FILE

the past that such a move was under consideration. The country's police chiefs — as well as some Tory caucus members — have long called for ticketing people for pot possession instead of laying criminal charges.

But MacKay has also been among the Conservatives' fiercest critics of Liberal Leader Justin Trudeau's stance on the issue. Trudeau

supports the legalization of marijuana, a position the Tories have mocked with gleeful abandon.

Under the Criminal Code as it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to five years. First-time offenders can face fines of up to \$1,000 or as much as six months in jail. **THE CANADIAN PRESS**



Marois rallies for election

Quebec Premier and Parti Québécois Leader Pauline Marois calls for a general provincial election, while standing in front of her cabinet on Wednesday in Quebec City. Quebecers will go to the polls April 7 with the Parti Québécois chasing a majority government that could eventually march the province toward another independence referendum.

JACQUES BOISSINOT/THE CANADIAN PRESS

Still probing

Provincial police overseeing Ford investigation

Ontario's provincial police are now overseeing an investigation into the activities of Toronto's Mayor Rob Ford, who has repeatedly attacked the legitimacy of the probe, Toronto's police Chief Bill Blair said Wednesday.

Ford's lawyer immediately denounced the oversight change, which leaves senior city investigators on the case, as "meaningless."

In a letter to OPP Commissioner Chris Lewis, Blair laid out his reasons for asking his provincial colleagues for help.

"I am taking this step to avoid the distractions that have assumed such recent prominence," Blair said in the letter.

Ford, who has vociferously challenged the chief to arrest him, has branded the investigation political. He has publicly accused Blair of wasting tax money — with little result.

THE CANADIAN PRESS



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UN envoy threatened, driven from Crimea by armed men

Ukraine. Officials say Robert Serry was not kidnapped and is 'in good shape' after being confronted by men with weapons

A special UN envoy cut short his mission in Crimea on Wednesday after being threatened by 10 to 15 armed men and ordered to leave the region, UN officials said.

After a confrontation that began as he was leaving naval headquarters and continued at a café, envoy Robert Serry was driven to Simferopol airport by the men and was flying to Ukraine's capital to continue his fact-finding mission, the officials said.

On Friday, UN Secretary-

Quoted

"I'm safe. My visit was interrupted for reasons that I cannot understand."

UN envoy Robert Serry

General Ban Ki-moon asked Serry to go to Crimea as part of the fact-finding mission. Serry, who is currently the UN Mideast envoy, initially decided against going after consulting with authorities in the region. But UN Deputy Secretary-General Jan Eliasson said Serry later decided it was important to go, given the "dramatic circumstances."

Ukrainian officials reported earlier Wednesday that Serry had been kidnapped. But Eliasson denied that. He said Serry was threatened by the armed men, but was not abducted.

THE ASSOCIATED PRESS



Police try to separate clashing pro-Russia demonstrators and supporters of the new Ukrainian government in Donetsk, Ukraine, Wednesday, where hundreds of demonstrators waving Russian flags stormed a government building. The region is the home city of fugitive president Viktor Yanukovich, who fled the country after protests in Kyiv. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Canadian perspective

Russia is in 'violation of international law': Harper

Canada will send two observers to join an unarmed military mission in Ukraine and will impose more sanctions on the regime of fugitive Ukrainian President Viktor Yanukovich, Prime Minister Stephen Harper said Wednesday.

"Russia's invasion of Ukraine is a clear violation of international law," Harper said in a statement.

THE CANADIAN PRESS

Canadian journalist on trial in Egypt speaks out in court

An Egyptian-Canadian journalist imprisoned in Cairo told an Egyptian court Wednesday that he could "never possibly betray his country," testifying in a case accusing him and other colleagues of being terrorists.

Mohamed Fahmy — who is the acting Egypt bureau chief for satellite news broadcaster Al Jazeera English — addressed the court, saying he works as a journalist and is from a conservative and patriotic family from Port Said.

He appeared with his arm in a sling and asked for the court to release him for treatment for the injury, which he said he suffered before being arrested.

Egypt's state MENA news agency reported that the judge adjourned the trial until March 24 after hearing Fahmy speak.

Fahmy is on trial with two other Al Jazeera English journalists and 17 other defendants on charges accusing them of joining a terrorist group, aiding a terrorist group and endangering national security.

Authorities accuse Al Jazeera of being a platform for ousted Islamist president Mohammed Morsi's supporters and his Muslim Brotherhood



Al Jazeera English bureau chief Canadian Mohamed Fahmy, left, producer Baher Mohamed, second left, and correspondent Peter Greste, centre, stand inside the defendants' cage in a courtroom during their trial on terror charges in Cairo, Egypt, Wednesday. MOHAMMED ABU ZAID/THE ASSOCIATED PRESS

group. The network denies that, saying its journalists were only doing their jobs. Those arrested include Fahmy, Australian correspondent Peter Greste and Egyptian producer Baher Mohamed, who have been behind bars since Dec. 29. All have pleaded not guilty. Others are being tried in absentia.

During Wednesday's hearing, defence lawyer Khaled Abu Bakr asked that the court review reports filed by the journalists, while also asking for an independent panel of media professors to review the footage and decide whether it could be a threat to Egypt's na-

tional security.

The judge denied the request, MENA reported, saying it was up to the court to decide whether the videos were a threat to national security.

The first witness for the prosecution was a national security officer who said Fahmy is a member of the Brotherhood.

The trial marks the first time Egypt has prosecuted journalists on terrorism-related charges. It comes amid an extensive crackdown on some secular dissidents and Brotherhood supporters.

THE ASSOCIATED PRESS

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As world leaders meet in Paris, France sends Russia a warship

Ukraine. Country finds itself wedged between diplomatic efforts and its economic interests

A French-built warship designed to strengthen Russia's ability to deploy troops, tanks and helicopter gunships is getting its first test run Wednesday — just as Western powers are trying to rein in Russian President Vladimir Putin's military threat to Ukraine.

A spokesman for the shipbuilder says the Vladivostok helicopter carrier is setting sail from the French Atlantic port of Saint-Nazaire. A few hundred kilometres away in Paris, France's government is hosting American, Russian and other leading world diplomats Wednesday amid mounting tensions over Ukraine.

The warship is part of a \$1.8-billion deal that marked the biggest-ever sale of NATO weaponry to Moscow, a deal that already raised eyebrows



French-built warship BPC Vladivostok leaves the Saint-Nazaire's harbour in France Wednesday. DAVID VINCENT/THE ASSOCIATED PRESS

both within Russia's military circles and among France's Western allies in 2011.

France has criticized Russia's military incursion into Ukraine's Black Sea peninsula of Crimea, but says it has no plans to scrap the defence deal.

That's because France, like many of Russia's European trading partners, has found itself wedged between efforts to squeeze Russia diplomatically

and its own economic interests. The French government's top priority is reviving its lacklustre economy and battling unemployment, and this deal underpins some 1,000 jobs.

The Vladivostok is on track to be delivered by the last quarter of this year, said spokesman Emmanuel Gaudez of DCNS, a state-backed naval shipbuilder manufacturing the warships along with South Korean-con-

trolled shipbuilder STX.

A few Russian customers and military personnel are to visit the ship later this month, and a larger Russian delegation is expected in June, company officials said.

"But now with what's happening in Ukraine, perhaps they have other priorities — I don't know," said a CGT labour union delegate on the STX board. **THE ASSOCIATED PRESS**

Iran

Tehran told to clear up nuke fears to ease sanctions

A U.S. envoy told Iran on Wednesday that it can expect relief from sanctions if it clears up suspicions it worked on nuclear arms, but Tehran said claims that it did so are "baseless."

The exchange reflected obstacles to an agreement that would end concerns Iran is interested in atomic weapons. **THE ASSOCIATED PRESS**

Sweden

Aid to Uganda cut over anti-gay legislation

Sweden has joined other countries in halting aid to Uganda after the nation strengthened anti-gay legislation last week. A spokesman for the Foreign Ministry said Wednesday that Sweden will immediately cut aid worth \$1 million US to Uganda's government.

THE ASSOCIATED PRESS

Tunisia

Blogger jailed for Muhammad cartoons freed

The lawyer for a Tunisian blogger sentenced to seven years in prison for posting cartoons deemed insulting to the Prophet Muhammad says her client was freed late Tuesday. Bochra Belhaj Hamida said Wednesday that Jaber Mejeri had left prison, and measures were being taken to ensure his safety. **THE ASSOCIATED PRESS**

Somalia

Al-Shabab claims to have executed three spies

Somalia's al-Qaida-linked group says it has killed three men it accused of being spies for Somalia and France. A self-proclaimed judge for al-Shabab said on the group's radio station Wednesday that the three men had been killed by firing squad in the town of Barawe. **THE ASSOCIATED PRESS**

NEW SEASON

SEED

TONIGHT 10

City

Citytv.com ROGERS

SEES SELF IN NEWSPAPER

CAN'T READ

The Stash Project:
Day 2

CAN'T READ



Lesson 5: Be active

Don't disappear from posting for too long — not even for half a day.

Virtual bank robber to blame for fall: Flexcoin

Digital currency.

Alberta 'bank' focused on bitcoins folds after it claims attacker 'exploited a flaw in the code'

An Alberta-based online "bank" specializing in bitcoins is blaming a technical flaw for the theft of its digital currency that forced it to close its doors this week.

In a statement on its website Wednesday, Flexcoin says 896 bitcoins were stolen from its online vault. That translates into a loss of about \$600,000, based on Bitcoin's current trading value.

"Flexcoin was attacked and robbed of all coins in the hot wallet," the company reported

Background

Since its creation in 2009, Bitcoin has become popular among tech enthusiasts and risk-seeking investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like Bitcoin for the same reasons.

on its website. "As Flexcoin does not have the resources, assets, or otherwise to come back from this loss, we are closing our doors immediately."

An email to the company requesting comment was not

immediately returned. But the website did provide details on how the company thinks the theft happened.

"The attacker successfully exploited a flaw in the code which allows transfers between Flexcoin users," it said.

Flexcoin said by sending thousands of simultaneous requests, the attacker was able to move coins from one user account to another until the sending account was overdrawn.

"This was then repeated through multiple accounts, snowballing the amount, until the attacker withdrew the coins."

A line in the company's terms of service says it doesn't insure any of the bitcoins stored on its system nor is it "liable for any lost bitcoins."

THE CANADIAN PRESS



Three's a very welcome crowd on 3nder

Fancy a threesome? Dimo Trifonov, the London-based entrepreneur behind dating app 3nder, thinks you do. The spin-off of location-based hookup apps like Tinder and Grindr aims to remove the seedy stigma attached to the ménage à trois. Seeking a threesome "should be something that doesn't make you feel like a sexual freak," Trifonov says. The app is currently in beta mode, but already has 23,000 subscribers. METRO WORLD NEWS

Market Minute



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Natural gas: \$4.57 US (-\$0.09)
Dow Jones: 16,360.18 (-35.70)

Weapons

Facebook to delete posts for illegal gun sales

Under pressure from gun control advocates, Facebook agreed Wednesday to delete posts from users seeking to buy or sell weapons illegally. THE ASSOCIATED PRESS

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"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



OPENING THE LID ON OPIOIDS

How did “a pain in the neck” come to describe an annoying person?

Because I have a pain in my neck keeping me home from work, and it's much more than annoying. When the doctor asked me to rate the pain on a scale of one to 10, I said I'd need a spinal tap because this one goes to 11.

OK, I didn't say that. What I said was: “OW makeitstop OW.”

An annoying person should be a rug burn. Or a hangnail. Or a paper cut. All pretty good insults, come to think of it.

A “pain in the neck”? That should be reserved for the Atillas and Stalins and Trumps. History's greatest monsters.

This hurts so much that I've been watching Game of Thrones and after every decapitation I think, “Oh, that'd be sweet relief. Wish I was a traitor.”

The good news is there's a silver lining — possibly lining the



HE SAYS

John Mazerolle

metronews.ca

muscle in my neck, which would explain the throbbing. The doctor, seeing the brave way I was handling adversity, prescribed me a heavy-duty painkiller to provide relief. This means:

- 1) I get to take opioids.
- 2) I get to write about opioids.
- 3) If I write a lame column and make hack jokes about my doctor's handwriting, I can blame the opioids.

John's Guide To Prescription Painkillers

1) I joke around in this column, but you should never, ever abuse drugs that aren't liquor, beer, wine, snuff, cigarettes, cigars, marijuana, hash or coffee. And even then, only several times a month.

2) Try to look suspicious when you ask for your painkillers. That way, when the pharmacist makes a phone call and you check out, you get to act offended.

3) To check the effectiveness of the security cap, be sure to leave

your medication alone in your living room for long periods of time. Better safe than sorry.

4) Remember to look under the rim for your chance at free drugs or one of seven 2014 Dodge Durangos.

5) All the drug-safety guidelines I read remind you to turn on the lights when you take pills. This is to ensure that you're not blind. If you are blind, call a doctor. Unless you've always been blind, in which case call a friend. They'd love to hear from you.

6) After a statistically significant sample of three Percocet, I can say the most interesting effect of opioids is that they don't make you feel good; they just make you feel less. Part of me had expected to have a Yellow Submarine/Twin Peaks vision trip, but really it was more of a Big Bang Theory/American Trip. I didn't feel anything, other than hoping it would be over in the next 22 minutes.

And that's my guide to prescription painkillers. Now that I understand how powerful these drugs are, it makes sense to me that my doctor's handwriting is so scribbly! Am I right? Sorry, sorry. Dave's not here, man.

ZOOM

It's the circle of life



ANDREW BURTON/GETTY IMAGES

Human hamster wheel spins in N.Y.C.

Ward Shelley, top, and Alex Schweder, both professors, designers and artists, live in their art installation piece titled In Orbit on Wednesday in the Williamsburg neighborhood of the

Brooklyn Borough of New York City. Shelley and Schweder are in the midst of living in the hamster wheel-like environment for 10 days; the wheel was designed complete with beds, desks, a kitchen and bathroom and chair for relaxing.

GETTY IMAGES

Working together through the grind

One wrong move by him or his fellow human hamster and they risk being thrown off. They are perched on opposite ends of the wheel, 180 degrees from each other, and must carefully co-ordinate their movements.

When one walks, the other must walk in the opposite direction. When one stops, the other must stop.

“It's really an exploration of what it means to collaborate,” Schweder said. “It's an exploration of trust between two people.”

THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

So, how about those new year's resolutions? Two months into the year, are you still hitting the gym, reading more, spending less and being an all-around saint? For those who have perhaps fallen off the wagon, here are some apps to help pick you back up.

Everest:

Whether it's to climb Mount Everest or just pay off your debt, this free iPhone app helps you get your goals in order — and follow friends (and strangers) as they progress with theirs.

Habit Clock:

Start your day “right” with this alarm clock/habit-forming app. After you hit snooze, Habit Clock keeps your morning on track by sending reminders to finish your predetermined morning habits.

Habit List:

You can't develop habits unless you track them, or at least that's the logic behind Habit List. The iPhone app lets you record your tasks, sends reminders and keeps you focused.



ISTOCK IMAGES

Comments

RE: Passenger's Sexist Note Left On WestJet Flight Stirs Pilot's Heated Response, published March 4

Here's a plan. Keep doing what you're doing and try not to be offended so easily. People will always have their own outlook on life, and no matter how skewed it is they have a right to believe in whatever they want. Further, they have a right to express their own incorrect, correct, or outrageous opinions. Why let someone's rant or comment get you down? Why vent in anger on Facebook? Why even give it a second thought? We call this the “Me Generation” because the majority of people have developed a large sense of self-entitlement and people tend to take every insult and impunity to heart. **disqus_z3lferpzn posted to metronews.ca**

I disagree whole heartedly Disqus_z3lferpzn. I do agree that everyone is entitled to their opinion. But there comes a point when the opinions are just not acceptable and when offered freely and openly like this they are open to the ridicule they deserve. This is SEXISM pure and simple and is not to be tolerated. As any kind of prejudice should not be tolerated. **TJE posted to metronews.ca**

For you to say that “any kind of prejudice should not be tolerated” is in fact extremely prejudicial and I will not tolerate it. Everyone has prejudice in their thinking towards something whether people like you like it or not, or even realize it or not. Some people are stupid. Some cultures are backwards. Some religions are horrible. I have the right to make such a judgment based on thoughtful study of the facts. **Rory Kyle Maxwell posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Comedy removing controversy

Seed. Produced and filmed in Halifax, this series keeps breaking down barriers



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

It happens often. You're sitting at home and a preview for a movie or television show flashes across your screen and by the time it wraps up you're left wondering, "How is that a show?"

Ah, to be a fly on the wall during, say, the pitch meeting when some young writer said, "We want Arnold Schwarzenegger and Danny DeVito in the same movie." How is that going to happen, the producer inevitably wondered. "They're twins."

Sure, in the late 1980s the idea of two genetically-modified men implanted into a woman's uterus, producing one super human and one... DeVito... was so farfetched and beyond its time it was truly laughable.

In today's laboratories, it's called a Tuesday.

OK, maybe science hasn't taken us that far, but the stigma attached to test-tube babies and sperm donation has certainly been scraped off into the garbage. Case in point: Seed. This Canadian television series follows Harry, a bachelor and bartender whose past resulted in a multitude of offspring.

Seed's first season, according to executive producer Mark Farrell, told the story of Harry's discovery of these newfound relatives. The second season, which premieres Thursday at 10 p.m.



The cast of Seed, with Adam Korson (centre) as the lead Harry, are back for a second season on City TV. MICHAEL TOMPKINS

Quoted

"For Harry, what's great is that he does have heart. He could turn away at these moments but he doesn't. He really makes it a point to be a part of their lives."

Adam Korson, actor who plays lead Harry

on City TV, builds upon those initial introductions and sheds light on a truly modern family. "The divides are dissolving and more personal dynamics

are coming up and that's always interesting," he said.

Halifax native Farrell, a producer and writer who has earned nine Canadian Screenwriting Awards, eight Gemini Awards and nine Canadian Comedy Awards, brought in his chops to punch some comedy into what some may still view as a controversial subject.

"I have some experience in stand up and have a good understanding about what will work and what won't for a comedy," he said. "Taboos are taboos for different reasons. I kind of like that this topic isn't taboo—I don't see it as an erosion of values; if

anything it's an expansion of values."

Perhaps I'm reaching in saying that it's shows like this that prove our civilization has come along way in terms of acceptance—frankly, there are several examples worldwide that disprove that exact statement—but it's this leftover layer of controversy and the muscle memory from former generations' knee-jerk reactions that keeps this topic both entertaining and interesting. Once something becomes more conventional it's easier to see how to dramatize it.

Toronto-born Adam Korson, who plays lead Harry,

agrees—the entertainment value isn't seen within the once controversial act of sperm donation, but in the everyday lives of the characters we have met.

"It's a very topical conversation and it's actually very serious. There are lots of people out there that need these donations because otherwise they can't have kids," he said. "Given the jokes to be made about donation, interestingly the themes centre around the responsibilities as a parent—biological, sperm, what is our role for our children and that's where our comedy comes from is playing with those scenarios."

TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Pitbull ft Ke\$ha Timber
- 5 A Great Big World ft Christina Aguilera Say Something
- 4 Ellie Goulding Bum
- 3 Pharrell Williams Happy
- 2 Lorde Team
- 1 Jason Derulo Talk Dirty

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2 SCENE

Thou art a villain, Ms. Eva Green

300: Rise of an Empire. Actress seems to be having a little too much fun playing a psychopath



NED EHRBAR
Metro World News in Hollywood

Eva Green was really looking for an all-out villain to sink her teeth into, and she got that and more with the role of Artemisia in *300: Rise of an Empire*.

Green sits down with Metro to discuss playing nuts, using sex as a weapon and the allure the mystical side of things.

You're playing more than just the typical villain in this.

Yes. I ... kill people, and I'm not very nice, yes. It's pure villainy. You know, lots of actors will go, "No, she has cracks, she's human." And of course you learn about her back-story and how she's



Eva Green is the unconscionable Artemisia in *300: Rise of an Empire*, which opens on Friday. CONTRIBUTED

been betrayed by her own countrymen and it has kind of hardened her heart big time.

The only challenge is to find maybe some jubilation in this because yeah, she's

just ... mental. She has no conscience and she can't tolerate incompetence, and anybody who doesn't follow her orders, just (snaps) "Off with his head!" You can't do that in real life, really.

You also have probably one of the more aggressive sex scenes in this.

I mean, it's more of a fight than a sex scene, really.

It's so violent that it was kind of staged as a fight

scene. I love when it's kind of clinical.

Even a normal sex scene, actually, when they go, "You put your hand here and you here," "How do you do? We're going to have sex."

And here it's two warriors having sex.

They deal with violence every day, and this is how they do it. It's kind of S&M without the leather. It's not very romantic, let's say.

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Name shame. Oscar gaffe has Travolta offering mea culpa to Idina Menzel

John Travolta has apologized to Tony Award winner Idina Menzel for mangling the pronunciation of her name during the Oscars telecast, saying he'd been "beating myself up" over it.

On Sunday night's Academy Awards show, Travolta took the stage and introduced Menzel, but he seemed to say "Adele Dazeem" instead. An estimated 43 million people were watching, and social media has been mocking him relentlessly ever since, especially since he attended rehearsals.

Menzel, who played Maureen Johnson in *Rent* onstage and on screen and Elphaba in *Wicked*, seemed unperturbed by the flub as she sang out *Let It Go*, from the animated film *Frozen*.

Travolta said in a statement released Tuesday: "I've been beating myself up all day. Then I thought ... what would Idina Menzel say? She'd say, 'Let it go, let it go!' Idina is incredibly talented and I am so happy *Frozen* took home two Oscars Sunday night!"

A Twitter account with the



John Travolta
THE ASSOCIATED PRESS

handle @adeladazeem went up immediately after the mistake and has almost 20,000 followers. On Facebook, a Travolta-fier Name Generator, which butchers any name typed in, became immensely popular.

Menzel next stars in the new Broadway musical *If/Then*, which reunites the creative forces behind *Next to Normal* — music by Tom Kitt, story by Brian Yorkey and direction by Michael Greif. Menzel plays a woman who, on the verge of turning 40, moves to New York with the hope of a new life.

THE ASSOCIATED PRESS

Hollywood

Conan to host MTV Movie Awards

Conan O'Brien will be serving up buckets of golden popcorn.

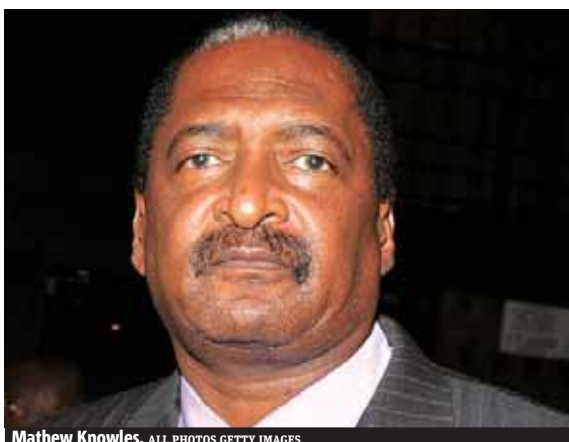
O'Brien announced Tuesday on his TBS talk show *Conan* that he's hosting this year's MTV Movie Awards. The annual movie celebration that honours winners with popcorn-shaped trophies is scheduled for April 13 at the Nokia Theatre in downtown Los Angeles.

"After eight years of intense negotiations, I am honoured to announce I am hosting MTV's second most prestigious awards show," the comedian joked in a statement.

It marks the first time O'Brien has hosted the MTV Movie Awards. He previously hosted the Primetime Emmy Awards in 2002 and 2006.

Past hosts of the MTV Movie Awards have included Jimmy Fallon, Aziz Ansari, Russell Brand, Rebel Wilson and Sarah Silverman.

THE ASSOCIATED PRESS



Mathew Knowles. ALL PHOTOS GETTY IMAGES

Beyoncé's dad gets a break on his baby mama bills

A judge has approved a substantial cut in the amount of child support that Beyoncé Knowles' father must pay because his income dropped after his superstar daughter fired him as her manager.

A ruling obtained by The Associated Press shows that a Los Angeles Superior Court judge cut the amount Mathew Knowles must pay to actress Alexandra Wright from \$12,000 US a month to roughly \$2,500 US a month. The pay-

ments are for a son Knowles fathered with Wright while he was still married to Beyoncé's mother.

Judge Scott Gordon's order is retroactive to February 2013. Although the singer's name is not mentioned in the ruling, it notes that her father's income has substantially fallen since she fired him in 2011. Mathew Knowles sought a reduction in his child support payments, and a hearing was held earlier this year. **THE ASSOCIATED PRESS**

Another McConaughey kid in nine months?

Don't be surprised if Matthew McConaughey names his next kid Oscar, as the newly minted Academy Award winner had just one thing on his mind following his win for best actor Sunday night.

"We won't stay long at the after-party," he told the Sun. "I want to go home and make another baby." McConaughey and wife Camila Alves are already parents to five-year-old Levi, four-year-old Vida and 14-month-old Livingston.



Matthew McConaughey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lohan's reality is still stranger than fiction

MELINDA TAUB
Metro World News

In the first look at Lindsay Lohan's OWN post-rehab reality show, her life looks fairly grim. She confesses that being stalked by paparazzi makes her feel like a prisoner "all the time." She looks alternately bored and panicked throughout. Handlers tattled to Oprah that Lindsay is being unprofessional, skipping photo shoots and may be backsliding into addiction.

"This is exactly what everybody said was going to happen," Oprah sighs, "and I believed differently. She

doesn't understand that this is your life."

We also glimpse a confrontation between the two, during which Oprah exhorts the OWN star to take her recovery seriously. "My truth is that I really do want you to win," says Oprah.

"No, it's not that I'm not ready to do that. I do want to," Lindsay insists.

"You need to cut the bulls—," Oprah returns.

Not defending Lindsay for leaving crews and co-workers hanging, but possibly her subconscious has realized that most newly recovering alcoholics would be better off anywhere but the set of a reality television show.

I'm sure that's not the case here, though. Oprah would never endanger someone's recovery just for the sake of OWN.



Katy Perry

Apparently when Katy Perry kisses a girl, she doesn't like it

Katy Perry kissed another girl, and this time she wasn't really that into it. While visiting Australian talk show Sunrise this week, Perry recounted her close encounter with Miley Cyrus at the Bangerz singer's concert in Los Angeles. "I just

walked up to her to give her, like, a friendly, girly kiss. You know, as girls do," Perry said. "And then she, like, tried to move her head and go deeper and I pulled away. God knows where that tongue has been."

Twitter



@johncusak

I love twitter when I randomly follow people and wake up to see berserk things on my feed



@TomArnold

If you eat a whole bag of potato chips, even gluten free, you basically lose a day of your life. Maybe more. I'll let you know tomorrow.



@katyperry

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DRUG MART



From the runway, with love

Fall/Winter Fashion Month has taken four countries by storm once again. Here's a taste of what Metro's gurus of glam were lucky enough to see in the last leg of their high speed, high fashion city-hop. Until next season, style fanatics!

METRO WORLD NEWS

Roberto Cavalli (Milan)

Fire makes the perfect backdrop for Cavalli's flamboyant clothes. When a collection has heaps of dramatic fur on top of feathers on top of python on top of fringe, and tassels, and studs, and beading, the addition of a ring of flames and smoke seems only right and natural. He's cultivated an iconic look that may not set any agendas, but epitomizes Milanese fashion and its trademark carnal glamour. This is the drama we look for from Milano Moda Donna and he's delivered.

Major trends: Python, tassels, contrasting textures, blanket coats, gold.



Prada (Milan)

Prada has an unmistakable way of making the garish look intelligent, the street style bait not look so try-hard, and the commercially appealing look artful. That's why most of these pieces (I'm placing bets on the shearling jackets and sporty platform shoes), which would look ridiculous in anyone else's hands, will most likely fly off the shelves. Remember, Prada has consistently posted sales growth for several years now. Even if this collection is not her most exciting, she's still on a roll.

The major trends: Seventies-inspired prints and shapes, and shearling.

Rochas (Paris)

All of the clothes are stunning, right down to the densely beaded gloves. But too many in the second half of the show look heavy and fussy, like a wardrobe malfunction waiting to happen. That said, this collection falls right in line with the memo that clearly went out for autumn/winter '14: glamour and all of the decorative trappings that come with it, rules.

Major trends: Dense embellishments, outsized volume, experimentations with texture and longer fuller skirts.



Carven (Paris)

Guillaume Henry has referenced a decade other than the '60s this season and I appreciate that. His forties shapes and silhouettes have a film noir sensibility about them. Interestingly, this collection presents a more grown-up look than the girlier, whimsical fare. The strongest looks are the longest: straight, midi-length skirt suits and belted coat dresses and jackets that look like the stuff of Ingrid Bergman movies, with a modern twist.

Major trends: Longer midi skirts, shiny embellishments, shades of blue, and experiments with texture.

Sonia Rykiel (Paris)

The emphasis on knits and sense of humour present in a series of dresses emblazoned with 'Moi' are classic Rykiel, but there's a new contemporary, urban polish here as well. Best of all, everything looks so incredibly cosy and easy to wear. There are enormous Mongolian fur coats, relaxed, softly tailored trousers, oversized waffle knit sweaters and lithe, lean skirt suits, all in the warmest wools and cashmeres.

Major trends: Relaxed slouchy shapes, shaggy outerwear, textured three-dimensional surfaces and midi-length skirts.



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Bling on summer in the backyard

DIY. For a deluxe take on outdoor living, turn a gazebo into a media room or amp up your grilling style

Vanilla Ice may have a cool name, but the rock-star-turned-home-improvement guru knows how to heat up a backyard. With a passion for modern features and luxurious amenities, Ice doesn't just renovate — he adds style and swagger.

With springtime just around the corner, consider spicing up your own backyard to make it worthy of its own music video.

Pimp out the gazebo

Gazebos provide a refuge out of the sun and a relaxing place for friends and family to kick back.

To take the traditional gazebo to the next level, install a projector to the ceiling and hang a screen at the back to enjoy late night movies or the big game.

The Vanilla Ice Project

- For more home renovation ideas, catch The Vanilla Ice Project Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

Once a television cable or DVD player is attached, invite the neighbours over for an extravagant block party.

Step up your grilling game

Kick that old barbecue to the curb and replace it with a new grill that features more burners, an infrared rotisserie burner and night lights for evening cooking.

To spend less time inside and more time cooking with friends, recreate an entire outdoor kitchen with a mini-fridge, sink, prep area, and stove.

Outdoor kitchens can be entirely customized or bought in pieces, making them easy to fit in virtually any space.

Raise the bar

For when a pool just isn't enough to beat the heat, a swim-up bar can keep the backyard cool. Swim-up bars are no longer just for resorts and are becoming more popular in residential pools.

Not only do they have a vacation feel, they're practical for entertaining guests or just taking a break from pool sports. When planning the design, consider seating, sun angles, and storage for popular drink favourites and cups.

Light my fire

Don't stop enjoying the outdoors because of fall weather. An outdoor fireplace can add warmth and light to dark, chilly evenings.

While smaller, temporary fireplaces are great for flexibility, built in brick or stone fireplaces provide first-class elegance. They're great for intimate evenings together or a classic camp fire singalong. Check with local authorities before beginning, as some areas prohibit decorative fires.



Outdoor kitchens can be customized to fit almost any space. ISTOCK

Pizza marries nutrition

Red Pepper and Goat Cheese Pizza. March is Nutrition Month but healthy doesn't mean sacrificing flavour

Pizza is a fantastic meal to make on the fly, especially if you have a flatbread or ready-made pizza crust. It's got a big surface, with lots of room for nutrient-filled vegetables.

In this easy-to-make recipe, creamy goat cheese balances the bright and fresh flavours of red pepper, onion and tomato. Combined with mozzarella (a pizza classic),

FLASH FOOD



From your fridge to your table in 30 minutes or less

olives and basil, it's a healthy meal that's ready in about 20 minutes.

Feel free to experiment with whatever you might have in the fridge: feta is a welcome substitute for goat cheese; zucchini and mushrooms pair nicely too. Chicken with spinach, red peppers and cheese is another dietitian-approved combo that you can easily cook and enjoy!

Ingredients

- 1 12-inch round of flatbread or enough pizza dough or a 12-inch (30 cm) pizza crust
- 1 tbsp (15 ml) olive oil
- 1 cup (250 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) cup soft crumbed goat cheese
- 1 large red bell pepper, sliced
- 1 large tomato, sliced
- 1/4 cup (50 ml) sliced black olives
- 1/4 cup (50 ml) sweet Vidalia onion, sliced (optional)
- 1 tsp (5 ml) dried basil (or 2 tbsp/25 ml chopped fresh basil)

Using a baking stone is a great way to give your pizza a crusty finish. Place the pizza stone in a cool oven, turn on the oven and preheat the stone for about 45 minutes before cooking the pizza.

1. Preheat oven to 400 F (200 C) if using flatbread or 450 F (230 C) if using pizza dough

2. Place flatbread on baking sheet. Alternatively, if using pizza dough, spread out dough on lightly greased pizza pan to make a 12-inch (30 cm) circle.

3. Brush olive oil on top of flatbread or pizza dough. Sprinkle with mozzarella cheese. Top with goat cheese, red pepper, tomato, black olives, onion, if using, and basil.

4. Bake pizza in bottom half of preheated oven for 10 to 15 minutes or until crust is golden and filling is bubbly.

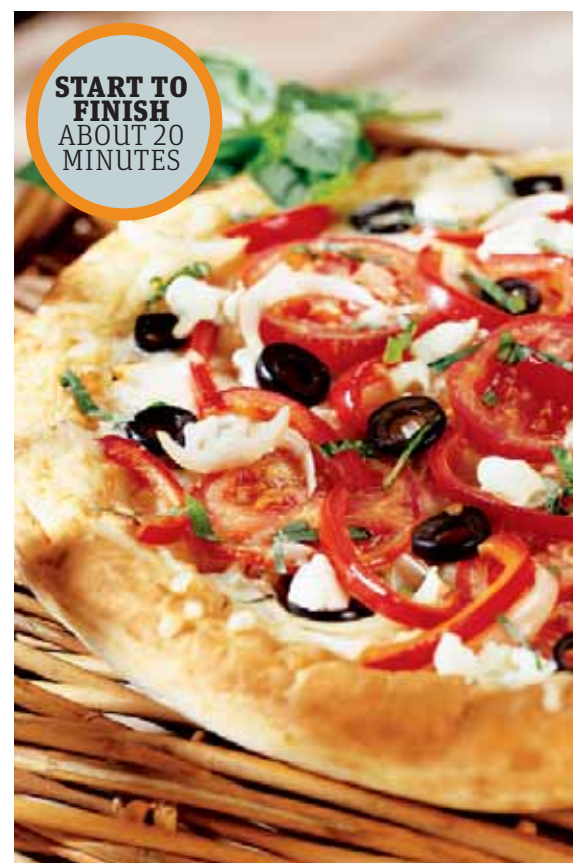
EXCERPTED FROM DIETITIANS OF CANADA, COOK GREAT FOOD: 450 DELICIOUS RECIPES © 2001 ROBERT ROSE INC. ROBERTROSE.CA REPRINTED WITH PERMISSION. ALL RIGHTS RESERVED.

Healthy helpers

Dietitians of Canada offers up affordable kitchen must-have suggestions.

- Steamer basket.** Steaming your veggies is a quick, easy, and healthy alternative to sautéing.
- Oil mister.** The tool gives you precise control over how much oil is used.
- Box grater.** While we love using our grater for cheese, it can also be used for all kinds of vegetables. Salads with grated zucchini, beets or carrots are a tasty side dish option.
- Measuring spoon set.** If you thought these were only good for measuring liquid, think again. You can use them to sprinkle just the right amount of herbs or spices on your dish.

START TO FINISH ABOUT 20 MINUTES



This recipe serves four. Each serving contains 373 calories and 18 grams of fat. DIETITIANS OF CANADA

The great indoors

Ideas. There are plenty of activities without having to go outside to keep the kids occupied

ASTRID
VAN DEN BROEK
For Metro

Looking to spend a little time inside this March break?

We get it — many of us have just about had it with winter. If so, steal some of these indoor ideas for the weeklong break.

Have a PJ day

Give your kids a day off, so to speak. Let them stay in their pyjamas all day, but make sure you line up some fun activities — think a round of Monopoly, a game of chess, a movie with popcorn and order something like Peekapak, an activity kit

that combines storytelling and crafting.

Go swimming

Who says indoors has to be at home? Use this time to look for local pools that might be open for family or recreational swims and enjoy getting those swimsuits on without having to layer on sunscreen, too.

Play indoors

Get your kids moving inside the house. “What we do is we will have a dance competition like American Idol and we all judge competitors,” says Tracie Wagman, the Toronto-based publisher of Help! We’ve Got Kids. “We do napkin tag but we’ll run around the house



Let the kids stay in their pyjamas for the day and line up some fun activities. ALENA OZEROVA/SHUTTERSTOCK

and try and take a cloth and touch the other person like tag. Or we’ll do something like obstacle courses.”

Take in a show

“Another thing I love to do, and for not very much money, is go see a theatre show with

my kids,” Wagman said. “There are many shows playing in local theatres and if it’s a kid’s show, your kids can be loud and interact with the actors.”

Head to camp

Wagman notes that almost

every extracurricular activity your child takes part in is likely a camp theme during the break — either daylong or half-day options.

“And most of the YMCAs and places like that will have programs with something to do during the break.



Chess is a fun and educational indoor activity. ALBINA GLISIC/SHUTTERSTOCK




Visit a local pool during the March break. ANTON BALAZH/SHUTTERSTOCK

Find local activities

Are you looking to find something to do near you? Try these websites:


- helpwevegottokids.com: This national site connects you with activities of all sorts — from dance to sports and more to check out over the break.
- ymca.ca: Search a YMCA near you to see if they have local programs available over the break.





LEGENDS & LIES


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NOVA SCOTIA

Embrace the winter

Do you love the outdoors? March break week is a great time to spend outside with the kids.

Here are five ideas to keep in mind for the big school break.

1 Head for the hills: “You can go to one of those city ski areas — every city has one and you can do just a family pass and go skiing,” says Tracie Wagman, the Toronto-based publisher of Help! We’ve Got Kids. “It’s really fun to do as a family and if you’re going to have winter, you might as well enjoy it.”

2 Or other outdoor activities: How about trying your hand (or, err, feet) at snowshoeing by renting some snowshoes. Or go tobogganing or skating. “These are all easy to do and it’s all ages as well,” Wagman said. “People tend to forget that there are still lots of skating rinks and lots of hills and you don’t need to do anything but bring your gear.”

3 Head to the zoo: Is there a zoo in your city? Take in the animals while they are awake and perky rather than slow and sleepy as you tend to see them in the summer. Bonus: It’s likely less



Find a local sugar bush and learn about how maple syrup is made as well as take part in other activities. SIANC/SHUTTERSTOCK

busy than on those sunny, summer days.

4 Find some maple syrup: Late winter and early spring is prime maple syrup time so look for a local sugar bush near you. Along with watching the syrup be made, many offer other activities including pancake breakfasts, walks through the bush, syrup tastings, wagon rides and more.

5 Get crafty outdoors: Why not nurture your child’s creative side with some outdoor crafts? Think coloured water in spray bottles to let your child transform your white backyard into a bright canvas. Or fill balloons or milk cartons with water to freeze and create outdoor ice sculptures or lanterns.

ASTRID VAN DEN BROEK

AUS hockey final

Axemen taking nothing for granted

While most were surprised by the Saint Mary's Huskies' semifinal series victory over the New Brunswick Varsity Reds, Darren Burns wasn't.

"They're extremely well coached to start with," said the Acadia Axemen's head coach. "We have a ton of respect for them. We know what they're capable of doing. They have a core group of guys who've been to the nationals before. They've built around them."

In preparing for his squad's AUS final series at home against the Huskies on Thursday, Burns' emphasis is on a defence-first approach.

"We have tried really hard to be a sound defensive team, which uses our speed and work ethic to our best advantage. We're not a run-and-gun team that's going to dazzle anyone or score a ton of goals off the rush. We'll have to work hard, use our speed, play disciplined with an emphasis on puck possession. It's that simple."

And, in the end, he said it's going to be the team that makes the least amount of mistakes that prevails.

"There's a lot of offence on their side too," said Burns. "If we don't play defence first against a team like Saint Mary's, we're going to be in big trouble."

ANDREW RANKIN/METRO



Darren Burns
CONTRIBUTED

Leader MacAulay one 'unbelievable' Huskie

AUS hockey final. Saint Mary's rookie forward from Cole Harbour has habit of stepping up in the big moments



ANDREW RANKIN
andrew.rankin@metronews.ca

When Stephen MacAulay joined the Saint Mary's Huskies over the Christmas break, he was hungry to reward the organization for its show of loyalty.

Head coach Trevor Stienburg made no bones about his interest in having the 21-year-old Cole Harbour native in his lineup for the start of the season. When MacAulay opted to start the year with the AHL's Hamilton Bulldogs, Stienburg still left a spot open on the roster for the former Halifax Moosehead.

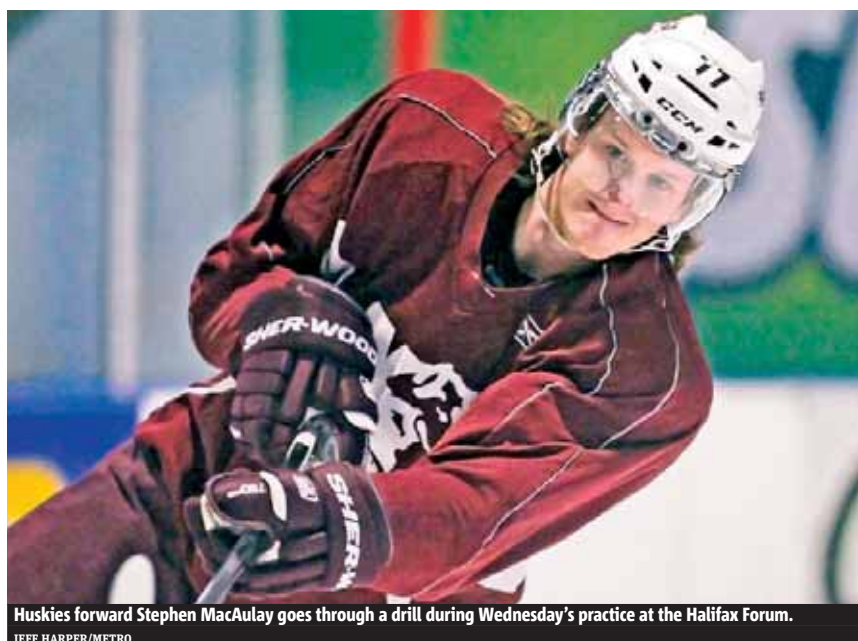
As fate would have it, MacAulay didn't find the fit he wanted in Hamilton, so he made good on SMU's offer.

Fast forward to today, and the fifth-seeded Huskies are heading into the AUS final on Thursday against the Acadia Axemen after a huge semifinal upset over the top-seeded New Brunswick Varsity Reds.

MacAulay leads the team in scoring with five goals and three assists in seven games.

"When I came back I wanted to be a key player," said MacAulay. "I wanted to contribute with my skill and hard work."

But, as Stienburg points out, his rookie's contribution



Huskies forward Stephen MacAulay goes through a drill during Wednesday's practice at the Halifax Forum.

JEFF HARPER/METRO

Honour players

The AUS announced its major regular-season awards on Wednesday.

- **Most valuable player:** Acadia Axemen's Liam Heelis
- **Rookie of the year:** New Brunswick Varsity Reds'

Philippe Maillet
Most sportsmanlike: UNB's Chris Culligan
Godfrey award (student-athlete community service): Saint Francis X-Men's Murdock MacLellan
Coach of the year: Axemen's Darren Burns

There's something about the intensity of tight, close-checking games that really fires me up and gives me motivation to be a difference maker."

He's embraced the role of the underdog and as the Huskies prepare for their best-of-five series in Wolfville, MacAulay's certain his team will have its hands full once again.

But he remains confident that the Huskies will succeed in shutting down the offensively charged Axemen, who boast the AUS's two top regular-season scorers in Liam Heelis and Mike Cazolla.

"Shutting them down is our No. 1 priority. I think we match up against them really well. We've got a chance; we're playing our best hockey."

goes beyond the score sheet.

"He's been unbelievable," said Stienburg. "He's a forward playing the point on the power play. He's been in on big goals, he kills penalties. He's a jack of all trades and that's what coaches are looking for."

MacAulay's a winner. He's the only player to appear in four QMJHL finals, win three championships and compete in three Memorial Cups and capture two titles, including last year with the Mooseheads.

"I find that there's an extra gear for me in the playoffs."

GM Russell likes Ehlers' willingness to do 'little things'

Nikolaj Ehlers has emerged as a big-time scorer, but for Cam Russell, he's more than that.

The Halifax Mooseheads GM has been as impressed as anyone by his 18-year-old rookie's scoring tear — three hat tricks in a row to be precise.

But Russell has enjoyed witnessing the team's second leading scorer develop into a more complete player. He currently leads the team with a plus-60.

"We knew he was a good player but a lot of times you're kind of rolling the dice when you bring players over here," said Russell of his Danish import pick.

"He's garnered a lot of attention but he does a lot of little things well. He's so quick, he's such a defensive threat when he crosses the blue-line."

With just five games left in their regular-season schedule,

the Herd's leading scorers are on fire. Jonathan Drouin, who sits one point ahead of Ehlers for the team lead in scoring with 95 points, is enjoying a nine-game point streak (four goals, 20 assists), while Ehlers is entering Thursday's home game against the Charlotte-town Islanders on an eight-game point streak (16 goals, seven assists).

ANDREW RANKIN/METRO



Mooseheads forward Nikolaj Ehlers METRO

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4 SPORTS

'It carries a lot of purpose'

Paralympics. Gold-medal winning curler Sonja Gaudet named flag-bearer for Team Canada in Sochi

Sonja Gaudet will carry Canada's flag at the opening ceremony of the Sochi Paralympics.

Whether the most decorated wheelchair curler in history sticks around for the rest of the show is still up in the air.

Gaudet was announced as Canada's flag-bearer on Wednesday and will lead her country's delegation into Fisht Stadium on Friday night.

But with the festivities expected to go late into the evening and the curling team's first game set for the following morning, Gaudet might have to duck out early.

"We do have some strategies," said Gaudet. "Our priority is to be ready for Game 1. It's a big game for

us and we're certainly going to make sure that we are (ready). (Carrying the flag is) just going to give us a little more purpose and create a really positive atmosphere to compete in."

The 47-year-old from North Vancouver, B.C., who won gold medals at both the 2006 and 2010 Paralympics said she was overwhelmed with emotion when told that she would lead the Canadian contingent.

"It carries a lot of purpose for me," said Gaudet, who also has three wheelchair curling world championships to her name. "Of course we're here to compete as athletes with a physical disability at the highest level — that's what the Paralympic Games are."

"(But) it sends a big global message as well about looking past the wheelchair, looking past the visual impairment, looking past the missing limb and really focusing on the person and focusing on what's there."

"We don't want people to see what they see when they first see us. We want them to

Back to site of success

"We know a little bit what to expect at the venue so we're in a really good place."

Sonja Gaudet, whose three world championships include last year's in Sochi.

see the athlete, the person, and not notice what's missing."

Gaudet, who suffered a spinal cord injury after falling from a horse, also acknowledged that she wouldn't have been named flag-bearer if it wasn't for her curling teammates.

"I have a lot of emotions going through my mind right now," she said. "Totally honoured to have this very prestigious position. I can't wait to lead my fellow Paralympic athletes into the opening ceremonies. Although I might be physically carrying the flag, I'm honoured that my team is going to be up there with me."

THE CANADIAN PRESS



Sonja Gaudet poses for a Canadian Olympic Committee portrait in Vancouver. The curler won gold for Canada at the 2010 and 2006 Paralympic Games. JONATHAN FERREY/GETTY IMAGES

Sochi 2014

Russia fires men's hockey coach

Russia ice hockey coach Zinetula Bilyaletdinov is leaving his job after the home team's disappointing quarterfinals exit at the Sochi Olympics.

Russia lost 3-1 to Finland to miss out on an Olympic medal which was among the nation's top priorities at the Sochi Games. THE ASSOCIATED PRESS

NHL

Stamkos nears return to Bolts

Lightning forward Steven Stamkos plans to return to the Tampa Bay lineup Thursday, four months after breaking his right leg.

Stamkos, who was forced to miss the Sochi Olympics and the Lightning's past 45 games, tweeted Wednesday morning that he'll play against the Buffalo Sabres on Thursday.

THE CANADIAN PRESS

NHL

Leafs put damper on Marty's move

Martin St. Louis' day started way better than it finished.

The former Tampa Bay Lightning star got his wish when he was dealt to the New York Rangers on NHL trade deadline day. He then got into the lineup with his new team right away, but wasn't able to celebrate his first home win on Broadway.

Tyler Bozak scored on a penalty shot and then got the winning goal 1:51 into overtime to lift Toronto to a 3-2 victory over the Rangers on Wednesday night after the Maple Leafs squandered a two-goal lead in the third period.

"Tonight was a gutsy comeback," St. Louis said. "Unfortunately we didn't get the extra point, but I was happy to come here and just break the ice."

Bozak got to a loose puck in front that bounced past Rangers defencemen Dan Girardi and Ryan McDonagh and slammed a shot past Henrik Lundqvist to snap the Maple Leafs' three-game losing streak (0-1-2) and stretch New York's skid to three (0-2-1).

THE ASSOCIATED PRESS

Drama on deadline day



Martin St. Louis wanted out of Tampa Bay, so Steve Yzerman and the Lightning granted him his wish.

In what could turn out to be the biggest trade ever influenced by the Olympics, St. Louis was dealt to the New York Rangers for Ryan Callahan, a first-round pick in the 2015 draft and a conditional second-rounder year.

Louis asked after who was executive director, left off the initial 25-man roster for Sochi. St. Louis replaced the injured Steven Stamkos and won a gold medal, but bitterness remained.



Marian Gaborik
GETTY IMAGES

The Columbus Blue Jackets send F Marian Gaborik to the Los Angeles Kings for F Matt Frattin and two conditional picks.

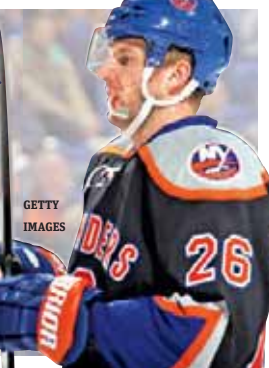


Marcel Goc
GETTY IMAGES

The Pittsburgh Penguins acquire F Marcel Goc from the Florida Panthers for a third-round pick and a fifth-round pick in the 2015 draft and F Lee Stempniak from the Calgary Flames in exchange for a 2014 third-round pick.



The Canadiens acquired F Thomas Vanek from the New York Islanders for F Sebastian Collberg and a conditional second-round pick in the 2014 NHL draft. Vanek, seen as the best rental available, and a conditional fifth-round pick head to Montreal.



GETTY IMAGES



The Florida Panthers send G Tim Thomas to the Dallas Stars for G Dan Ellis.



GETTY IMAGES



Buffalo sends G Jaroslav Halak and a 2015 third-rounder to Washington for G Michal Neuvirth and D Rostislav Klesla.

THE ASSOCIATED PRESS/THE CANADIAN PRESS



GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

Family matters will take up most of your time today but don't think that means you cannot have fun. Loved ones are hoping you will suggest a trip you can all enjoy together.

Taurus

April 21 - May 21

You know what you want and you know how and where to get it, so all you have to do now is reach out your hand and take it. Sounds easy, doesn't it? Well that's because it is. Make things happen!

Gemini

May 22 - June 21

Good news about your finances is on its way and by the end of the week you will be wondering why and how you allowed yourself to get so worked up about a simple thing like money. Treat yourself — you deserve it.

Cancer

June 22 - July 23

You have been a bit to cautious of late but now that Jupiter is moving in your favour again you will find the confidence to take a few risks. If you have not done it already, you should be planning your next adventure.

Leo

July 24 - Aug. 23

You will no doubt wonder what the catch is when someone in a position of authority offers you something you have long desired, but there is no need to be suspicious.

Virgo

Aug. 24 - Sept. 23

You want to get things done, but because not everyone is as motivated as you it may take effort to get others to help you. No, you can't go it alone. There is too much to do.

Libra

Sept. 24 - Oct. 23

You will win over even the most reluctant of people today. Create a vision of what it is you intend to achieve and let them see that they can share in the spoils, but they have got to back you — now.

Scorpio

Oct. 24 - Nov. 22

Don't give in today, especially with co-workers who will take advantage of you if you don't stand up for yourself. You may want to help but you should not be doing everything.

Sagittarius

Nov. 23 - Dec. 21

Some people seem to be under the impression that they can snap their fingers and you will come running. But with Jupiter, your ruler, on great form today they are in for a rude awakening.

Capricorn

Dec. 22 - Jan. 20

You've got a nagging feeling that you could have done more to make a success of a relationship. Maybe you're right but that was then and this is now. Stop looking back.

Aquarius

Jan. 21 - Feb. 19

Jupiter moves in your favour today, making it easy to break free of habits that are holding you back. Remember: the best way to get rid of a habit is to replace it with a better one that challenges you.

Pisces

Feb. 20 - March 20

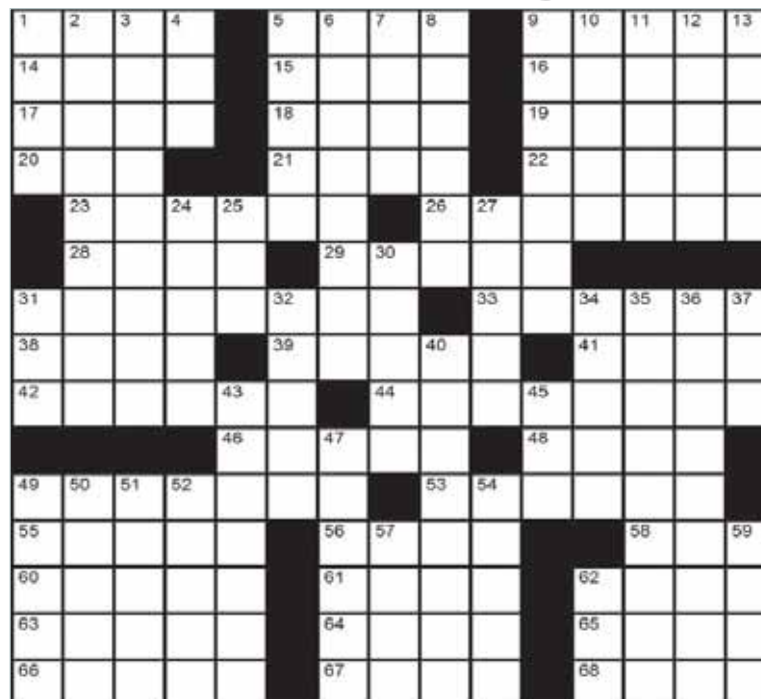
You will get a burst of energy today, enabling you to finish something you started a long time ago. Some people believe that Pisceans are lazy. It's time to prove them wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. High hairstyle
5. Nursemaid
9. Zestfulness
14. Earth's crust's upper layer
15. Actor's dialogue
16. Staked, in poker
17. Stare
18. Facial result
19. Window's sun blocker
20. Alphabetical trio
21. Half of a Basque court game
22. Mouthwash-using step
23. Bellowing beast
26. Social site
28. Actress, Candace Cameron
29. Music's Mr. Shaw
31. A car in Britney Spears' "Work B**ch!"
33. TV type
38. Certain cuckoos and you will come running
39. "Don't ___ what you know is true." - INXS
41. Tibia's locale
42. ___ comedy
44. Northeastern Ontario community, ___ Lake
46. Daniel Day-___
48. Libertine
49. Historic legal building in Toronto, ___ Hall
53. Lays eggs, salmon-style
55. Wallet items
56. Certain canal



57. Calder Cup sports org.
60. Marvin Gaye duetist Ms. Terrell
61. Orchestra instrument
62. Ms. Gardner's
63. "Sounds like ___!"
64. Fails to be
65. Delicate
66. ___ to try (Eager)

67. More or ___
68. Aardvark snacks

Down

1. Humour book: ___
- ___ Eh?: How Canada Secretly Controls the United States and Why That's OK
2. Loonies, dimes, etc.

- holder: 2 wds.
3. Nova Scotia university
4. Rosemary Clooney's "This ___ House"
5. Pond stuff
6. National Basketball League of Canada team, Saint John ___
7. Buffalo sort
8. Princess Diana's

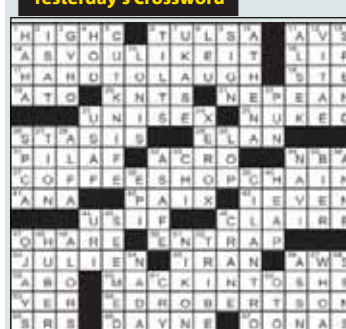
- affair-ee, Captain James ___
9. "In Your Eyes" by Peter Who?
10. Not-in-use candle's status
11. Time on the job
12. Strained
13. More strange
24. Usurp
25. "The Lorax"

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- (2012) character, The Once-___
27. Windshield ___
30. ___Tikki-Tavi
31. Pas' wives
32. Oohed and ___
34. "It must be ___ news day."
35. Saskatchewan's southwest town
36. Prospecting passageway: 2 wds.
37. Also
40. Tom Cruise's 'Impossible' undertakings
43. Leonard Cohen's "___ Time"
45. Isthmus of ___ (Malay Peninsula part)
47. Beetle sort
49. Grouping that's the sum of VII + I
50. Like dish-washing water
51. Manitoba town with Icelandic heritage
52. "Come __, __..." (Hurry ...or give it a break already)
54. Hides
57. The Parachute Club hit: "___ Up"
59. Itemized things, for short
62. Noted botanist Mr. Gray

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Friday



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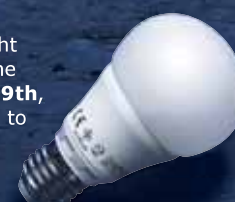
The Weather Network HD

TWN incorporates MSC data

The power of light is not being scared of the dark.

The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From **February 3rd to March 29th**, buy any LED light bulb and the IKEA Foundation will donate \$1 to brighten the lives of those in need.

Read more at IKEA.ca/brighterlives



UNHCR
The UN Refugee Agency





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